



Lesson 6: Made to be Whole

Main Point

God created you to be complete and healthy in body, mind, and spirit.

Scripture: Romans 12:1-2 NIV

Therefore, I urge you, brothers and sisters, in view of God's mercy, **to offer your bodies** as a living sacrifice, holy and pleasing to God—this is your true and proper worship. **Do not conform to the pattern of this world**, but **be transformed by the renewing of your mind**. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

Exploring the Scripture:

- What does this passage say we should do and not do?
- What worldly patterns of behavior and thinking do you see harming peoples' mental and spiritual health?
- What does it mean "to be transformed by the renewing of your mind"? How does that happen?
- Has God ever helped you change the way you think about something? Share an example.

Scripture: Matthew 11:28-30 NLT

Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because **I am humble and gentle at heart**, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light."

Exploring the Scripture:

- What does Jesus invite those who are struggling to do?
- How does the image of a yoke help us understand what it means to walk with Jesus? What changes when we share the load with him?
- What does Jesus tell us about his own heart, and why does that matter?

Applying It to My Life:

Even faithful followers of Jesus may struggle with mental illness. The important question is *how* you struggle. When we experience hardships of any kind, we can view them as an invitation to deeper discipleship and reliance upon Jesus.

- What unhealthy patterns have you been following? Remember the examples we discussed, such as comparing yourself to others or feeling pressure to overachieve.
- What is one step you can take to break out of that pattern as you follow Jesus?

How to Read Scripture

Last week, we started exploring how to read the Bible on our own. When we align our ways of thinking and living with God's Word, it impacts every part of us—physically, mentally, emotionally, and spiritually.

This week, we are taking the next step. After Pray, Read, Observe comes **Interpret**. This means thinking about what Scripture means in its context. (Keep in mind that interpreting is not the same as applying. Applying is asking what Scripture means in your life. We will get to that next week.)

Practice:

Re-read John 3:16-21. Recall your observations from last week. Then use the following questions to **interpret** the passage.

- What did this passage mean to its original audience?
- What do keywords or phrases in this passage mean?
- What does the passage say about God or Jesus?
- What does the passage say about people?